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### Welcome

The Healthy Aging Update is designed to support Iowa Area Agencies on Aging in administering the Nutrition Program. This issue provides information about Matter of Balance, AAA Nutrition Program Survey, food assistance presentations, nutrition education to help caregivers, health promotion education material and information about balance. This issue has a large number of resources on various topics.



### Matter of Balance Funded by Wellmark Foundation

This is an example of the use of external funding for the Matter of Balance program. Blackhawk County public health conducted a MOB Program (Timeframe: December 2009 – May 2012).

- Goal 1: Increase knowledge of fall risk factors among older adults age 60 and over through coordinated balance assessment and risk stratification.
- Goal 2: Promote healthy activity levels to reduce fall risk among older adults aged 60 and over through implementation of the evidence-based program, *A Matter of Balance*.



*A Matter of Balance class doing a stretching exercise.*

## Accomplishments:

Over 300 individuals age 60+ completed a balance assessment and 100 percent were appropriate for referring to a Matter of Balance program. The Matter of Balance program was offered at retirement living communities and other community based locations. Three hundred forty-nine individuals aged 60+ successfully completed the program. The age range of participants was 55 – 96 years.

Ninety-eight percent of total participants (all ages) who completed the last class evaluation reported feeling comfortable increasing their physical activity levels. Furthermore, 95% of persons ages 60 and older (317 of 334 who completed the last class evaluation) also exceeded the benchmark regarding feeling comfortable increasing physical activity levels.

Seventy-seven percent of total participants (all ages) reported plans to continue exercising as a result of class participation; with 81% of participants ages 60 and older reporting plans to continue exercising following class participation.

### Additional accomplishments:

- 35 Master Trainers/Coaches were trained to facilitate *A Matter of Balance* classes
- 18 Health Education and Balance Screening events were offered
- 43 *A Matter of Balance* classes were completed in Black Hawk County

For additional information, contact Eileen R. Daley, Division Manager, Health Promotion, Planning & Development [edaley@co.black-hawk.ia.us](mailto:edaley@co.black-hawk.ia.us)

## Iowa Administrative Code

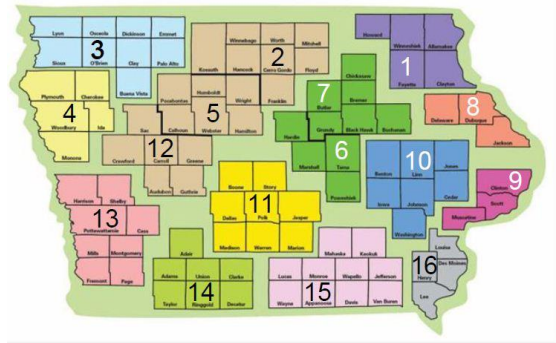


**17 IAC 7.12 (6)** Licensed dietitian. Each AAA must utilize the services of a licensed dietitian to provide technical assistance in nutrition program management and to ensure that the project provides meals that comply with the RDA/AI.

**481 IAC 30.4 (11)** If an establishment is licensed as a retail food establishment or food service establishment and has had a person in charge for the entire previous 12-month period who holds an active certified food protection manager certificate from a program approved by the Conference on Food Protection, and the establishment has not been issued a critical violation during the previous 12-month period, the establishment's license fee for the current renewal period shall be reduced by \$50 but no more than the establishment's total license fee(s).

## Iowa AAA Nutrition Program Survey

Eleven area agencies recently participated in a brief survey to provide information about their nutrition programs. Here are some highlights of the information gathered.



### 1. Have you had a congregate meal site close in the past year? (11 responses)

55% Yes

### 2. Is your AAA providing meals for (select all that apply) (9 responses)

100% Lunch  
 78% Weekend  
 78% Medicaid Elderly Waiver  
 67% More than one meal a day  
 33% Breakfast  
 33% Adult day care

### 3. Share creative ways your AAA could reduce the cost of or obtain additional funding sources for the congregate nutrition program.(8 responses)

Comments:

- Sharing site managers between sites (e.g. within a county).
- Additional marketing, "bring a friend" day, community awareness campaigns, work with food provider in streamlining purchases, work with food companies to get better pricing depending on usage amounts.
- Watch for grants. Look at pay for service options.
- Head Start meals paid for by Head Start funds.
- Buy foods from Aldis if we could.
- Current regulations make it difficult to be creative.
- Talking to local groups i.e. Lions Club, Shriners, and other powerful local groups to communicate that senior hunger is very real and the need for funding to help support the growing demand for OAA nutrition program.
- No ideas at this time.

### 4. How often are meal sites conducting written customer satisfaction surveys? (8 responses)

57% once a year  
 28% at least every six months  
 14% surveys are available to be filled out anytime  
 0% written surveys are not conducted

Comments:

- A written survey is conducted every two years, but participants are questioned on a daily basis to give feedback on the meal as well as any new entree items that are sampled on a monthly basis. Site managers are asked to rate the meal numerically each day and also give verbal comments. Our managers also meet with our food provider chefs twice each year and make comments on the food. Our food provider also makes annual visits to the site to speak with participants about the meals and their satisfaction.
- As required by Iowa Administrative Code.
- We conduct customer satisfaction surveys once a year. Our contractors may survey more frequently

**5. In addition to meals, what other services do your nutrition program providers make available? (10 responses)**

Comments:

- Nutrition education, nutrition counseling, Senior Farmers Market Nutrition coupons, blood pressure and other health screenings, legal aid consultations, socialization and entertainment.
- Nutrition education, blood pressure/wellness checks, pet food assistance, supplemental food from local grocery stores and bakeries, activities and educational speakers, Senior Farmers Market Nutrition Program checks.
- Our meal sites provides nutrition education (as required by OAA), we also participate in the Chef Charles nutrition education program and do monthly recipe tastings through a BASICS grant, legal education is presented at least once or more annually, presentations on the Food Assistance Program, Senior Medicare Patrol Program, fall prevention and wellness programs and distribution of Senior Farmers Market Nutrition Program checks.
- Information and Assistance, SHIIP, SMP, Matter of Balance, Better Choices/Better Health.
- Nutrition education, wellness programs that are evidence based.
- Advocacy I & A/R Reassurance, nutrition education, training and education, evidence-based programs, transportation dispatching, senior center recreation.
- This information is entered into NAPIS.
- Nutrition education, activities of interest to elders, Information and assistance.
- Matter of Balance, Advocacy, SHIIP, Better Choices/ Better Health and nutrition education, games i.e. bingo, card games.
- Various educational and social programs.

10. **Is your AAA participating in the Healthiest State Initiative?** If yes, please explain how your AAA participates. (7 responses- only yes responses included)

Yes. Encouraging people to join a walk and participating staff are available.

Yes. We have a representative that is on the local community committee that oversees this effort on the local level.

Yes. Our AAA has offered all employees the opportunity to walk inside or outside their work site for up to 20 minutes each work day.

## Guidelines for Alcohol Use

The Substance Abuse and Mental Health Services Administration (SAMHSA) in conjunction with The National Institute of

Alcohol Abuse and Alcoholism has issued "Guidelines for Alcohol Use" in the Older Americans Behavioral Health, Issue Brief 2: Alcohol Misuse and Abuse Prevention.



Contained within the report are the below recommendations.

Adults 60 and older recommended limits:

Overall consumption:

- Men: No more than 7 drinks per week or one standard drink per day
- Women: No more than 7 drinks per week or one standard drink per day

Binge drinking:

- Men: More than 3 standard drinks on a drinking occasion
- Women: More than 2 standard drinks on a drinking occasion

Older individuals should not drink any alcohol if they:

- Take certain prescription medications, especially psychoactive medication including opioid analgesics and benzodiazepines
- Have medical conditions that may be made worse by alcohol such as diabetes, heart disease
- Plan to drive a car or participate in activities requiring alertness and skill
- Are recovering from alcohol dependence

Standard drink is equal to 12 grams of alcohol

- 12 ounces of beer
- 1.5 ounces of "spirits", whiskey, gin, vodka, etc.
- 5 ounces of wine
- 4 ounces of sherry
- 4 ounces of liqueur or aperitif

## Food Assistance Presentations

The Iowa Food Bank Association continues to make presentations as mentioned in the April Healthy Aging Update newsletter. Senior center/ congregated meal sites are being included as the older adults are receptive to the information presented and a good number are applying for the food assistance. The presentation includes the Barrier Busters which discusses the common myths why older adults who are eligible are not applying for assistance. Additional information about Iowa Food Assistance (formally known as food stamps) is provided.



The following is a partial listing of sites by county that include sites visited recently where older adults were reached.

**Polk:** North West Des Moines Senior Meal site, Runnells Senior Meal site, Polk City Senior Meal site, Pioneer-Columbus Senior Meal site

**Floyd:** Rockford Senior Meal site

**Kossuth:** Algona Senior Meal site

**Linn:** Milestones Adult Day Center, Witwer Center

**Mitchell:** Riceville Senior Meal site

**Winnebago:** Lake Mills Senior Meal site

**Worth:** Manly Senior Meal site

**Wright:** Goldfield Senior Meal Site and Eagle Grove Senior Meal site





## **Nutrition Education**

### **May Reduce Burden for Family Caregivers of Older Adults**

The demands of care giving for frail older adults create stress for caregivers. This stress compromises caregivers' emotional and physical health and health-promoting behaviors. Experiencing caregiver stress may prevent family caregivers from recognizing their own needs. Depression or symptoms of loneliness are widely present in family caregivers, with prevalence rates up to 47%. If the caregiver's health and nutritional status decline, they have increased risk for chronic disease, decreased ability to provide care which negatively impacts the quality of life for both the caregiver and care recipient.

Providing nutrition education to the caregiver that addresses their own needs as well as the needs for the care recipient can reduce caregiver stress, maintain caregiver health and well-being. (Source: J Nutrition Educ Behav. 2002;34:S53-58)

The Iowa Caregiver Program funding can provide home delivered meals for the caregiver. This gives them 1/3 of the nutrients they need for the day. The meal is an investment in their health – helping them to stay healthier.

## **Health Promotion Education Material**

From the National Institute on Aging  
<http://go4life.nia.nih.gov/>



### **Information about Balance**

#### **Improve Your Balance**

Each year, more than 1.6 million older Americans go to the emergency room because of fall-related injuries. Balance exercises can help prevent falls and avoid the disability that may result from falling.

#### **How Much, How Often**

You can do balance exercises almost anytime, anywhere, and as often as you like. Also try lower-body strength exercises because they can help improve your balance. Do the lower-body strength exercises 2 or more days a week but not on any 2 days in a row.

### Progressing

Challenge yourself as you progress. Start by holding on to a sturdy chair for support. When you are able, try holding on to the chair with only one hand. With time, hold on with only one finger, then with no hands at all. If you are really steady on your feet, try doing the exercise with your eyes closed.

### Safety Tips

- Have a sturdy chair or a person nearby to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about doing a particular balance exercise.



You can do this exercise while waiting for your meal or standing in line at the grocery store. For an added challenge, you can modify the exercise to improve your balance.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.

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**The following page features an educational piece from the National Institute on Aging.**



## Get Active! Your Keys to Success

Like most people, you have probably heard that exercise and physical activity are good for you. Here are three tips to help you get started and keep going!

### 1 Include Physical Activity in Your Everyday Life

- Make it a priority. Put physical activity on your "to do" list every day.
- Make it easy and fun. Do things you enjoy, but pick up the pace a bit.
- Make it social. Ask a friend or family member to be your "exercise buddy."
- Make it happen. Choose to be active in many places and in many ways.

### 2 Try All Four Types of Exercise

To help you get the most health benefits, choose each of the four types of exercises:

- Endurance
- Strength
- Balance
- Flexibility



### 3 Plan for Breaks in Your Routine

Vacation? Flu? Out-of-town guests? Many things can interrupt your physical activity routine, but you can start exercising again and be successful.

- Go easy on yourself. You are not alone.
- The sooner you resume some sort of activity, the easier it will be to get back into your routine.
- Think about the reasons you started exercising.
- Believe in yourself!



#### Quick Tip

Try being active first thing in the morning before you get busy.

#### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Order a free exercise guide or DVD.
- Read tips and print useful tools.
- Share your exercise story.

"Strength exercises are just one type of physical activity that I try to build into my weekly routine."

— Joseph, age 79



National Institute on Aging  
 National Institutes of Health  
 U.S. Department of Health & Human Services

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

## RESOURCES

### Health Promotion



- **“What's on your plate? Smart food choices for healthy aging”.** This 80-page colorful resource from the National Institute on Aging can be ordered for free, or download, from the website [www.nia.nih.gov/health/publication/whats-your-plate-smart-food-choices-healthy-aging](http://www.nia.nih.gov/health/publication/whats-your-plate-smart-food-choices-healthy-aging)
- **Better Choices, Better Health has a new website.** Check out the Iowa Department of Public Health's webpage A-Z Index for both Better Choices, Better Health and Chronic Disease Self- Management at <http://www.idph.state.ia.us/BetterChoicesBetterHealth/>. Eventually a listing of workshops will be included.
- **USDA Launches New Online Nutrition SuperTracker** - The *SuperTracker* is a comprehensive, state-of-the-art resource available at ChooseMyPlate.gov designed to assist individuals as they make changes in their life to reduce their risk of chronic disease and maintain a healthy weight. For more information go to: <https://www.choosemyplate.gov/SuperTracker/default.aspx> - launched 6/20/12
- **Let's Face It: Older Adults Speak about HIV.** This new booklet includes 12 stories that focus on issues that have been found to be particularly common in older adults. To view the booklet, click: [Let's Face It: Older Adults Speak about HIV](#). To receive up to ten free copies of the booklet, you can complete the [Brochure Order Form](#) and fax it to 212-924-3936. For additional HIV visit the [AoA Older Adults and HIV/AIDS Webpage](#).
- **Food and Healthy Aging.** What foods contribute to healthy aging? You can learn about nutrient-dense foods and the benefits they provide by visiting the National Institutes of Health's Senior Health web page. [Learn more.](#)
- **Gardening is therapeutic for Older Adults.** What is the evidence to support the use of therapeutic gardens for the elderly? Gardening activities can be utilized to improve the quality of life of the aging population, possibly reducing costs for long-term, assisted living and dementia unit residents. Preliminary studies have reported the benefits in reduction of pain, improvement in attention, lessening of stress, modulation of agitation, lowering of as needed medications, antipsychotics and reduction of falls. Source: [Psychiatry Investig.](#) 2012 Jun; 9(2):100-10. Epub 2012 May 22.
- **Vitamin D with calcium shown to reduce mortality in elderly.** A study recently published in the Endocrine Society's Journal of Clinical Endocrinology and Metabolism (JCEM) suggests that vitamin D—when taken with calcium—can reduce the rate of mortality in seniors, therefore providing a possible means of increasing life expectancy.

During the last decade, there has been increasing recognition of the potential health effects of vitamin D. It is well known that calcium with vitamin D supplements reduces the risk of fractures. The findings from the study found that the reduced mortality was not due to a lower number of fractures, but represents a beneficial effect beyond the reduced fracture risk.

- **Avoid Broken Bones: Learn About Low Bone Density.** Carolyn M. Clancy, M.D., Director of the Agency for Healthcare Research and Quality (AHRQ) offers brief, easy-to-understand advice columns for consumers to help navigate the health care system. In her latest column, Dr. Clancy discusses the options available to treat low bone density. To read Dr. Clancy's latest column, go to <http://www.ahrq.gov/consumer/cc/cc060512.htm>
- **Flu + You:** Each year in the United States, people aged 65+ account for more than 9 in 10 flu-related deaths. Use the free NCOA toolkit to educate older adults about the seriousness of influenza, the importance of annual immunization, and available vaccine options. <http://www.ncoa.org/improve-health/community-education/flu--you/flu-you-resources-for.html>
- **Hearing Loss: It's a Family Affair:** Watch a video and download our brochure on hearing loss among older adults. <http://www.ncoa.org/improve-health/community-education/hearing-loss-its-a-family.html>
- **Taking Control of Your Diabetes:** Making the Connection. Diabetes conference and health fair will be held in Des Moines on Saturday, September 22, 2012 at 7:30am to 5:00 pm. This is for individuals with diabetes and others interested in learning more about diabetes. For more information visit [www.tcoyd.orgs](http://www.tcoyd.orgs).
- **To quit smoking: try eating more fruits and vegetables.** Interesting article in <http://www.sciencedaily.com/releases/2012/06/120606132426.htm>
- **Concerned about an elderly driver?** Here is information from AARP. <http://daily.abcnews.com/news/2012/02/16/10428535-concerned-about-an-elderly-driver-the-aarp-offers-advice?lite>



## Grandparents

- **Nourishing the Next Generation:** *Practical advice for caring for your young ones with food, fun and love* is a bi-monthly nutrition newsletter for grandparents raising grandchildren. 'The newsletter has area to insert local messages. The July / August issue features
  - \* Frozen Fruit Cup Snacks (recipe)
  - \* Tips for picnics, cookouts, camping, outdoor parties
 All issues of this newsletter are online at [www.ksre.ksu.edu/humannutrition/Nourishing](http://www.ksre.ksu.edu/humannutrition/Nourishing)

## Food Safety

- **"Food Safety on the Go"** is made up of 6 modules. Programs can select modules that are relevant to their training needs. Module 1, Food safety basics, is an overview of food safety for all staff and volunteers. Modules 2 through 5 are for specific individuals within a program: Module 2 is for the program director, Module 3 is for the food service management staff, Module 4 is for food service workers (staff and volunteers), and

Module 5 is for drivers (staff and volunteers). Module 6, which is for clients, is in the form of magnets for drivers to give to clients.

“Food Safety on the Go” can be provided as either a “train-the-trainer” course, or else directly to home-delivered meal program staff, volunteers and clients. It can be used as a supplement to current food safety training programs that are geared toward food service operations in general, with the advantage that it is specifically targeted to home-delivered meal programs.

- **Strive for 35°.** Milk is best stored at 35°F. Temperatures above 40 °F reduce the shelf life of milk. The shelf life is shortened by a full 50 percent for every 5 degree rise in temperature over 40 °F. Milk stays freshest at 35°F. Source: Midwest Dairy Council.

## Miscellaneous Resources

- **2012 Food Environment Atlas** .USDA has released the [2012 Food Environment Atlas](http://www.ers.usda.gov/data-products/food-environment-atlas/go-to-the-atlas.aspx?utm_source=SNEB+Members+2012&utm_campaign=3738698f29-Weekly_Policy_Update05_28_12&utm_medium=email), an online mapping tool that compares the food environment at the county level across the nation. Introduced in 2010, the Atlas uses 168 indicators to take a comprehensive look at communities’ food environments. Searchable county indicators include total farmers’ markets, number of fruit orchards or vegetable farms, how many farmers sell their products directly to consumers, and extent of food assistance programs . Look up your county at [http://www.ers.usda.gov/data-products/food-environment-atlas/go-to-the-atlas.aspx?utm\\_source=SNEB+Members+2012&utm\\_campaign=3738698f29-Weekly\\_Policy\\_Update05\\_28\\_12&utm\\_medium=email](http://www.ers.usda.gov/data-products/food-environment-atlas/go-to-the-atlas.aspx?utm_source=SNEB+Members+2012&utm_campaign=3738698f29-Weekly_Policy_Update05_28_12&utm_medium=email)



### Iowa Department on Aging Mission

**The Mission** of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long term living and community support services that help individuals maintain health and independence in their homes and communities.

IDA provides over \$30 million in services through a network of 13 Area Agencies on Aging across the state. For more information on the Iowa Department on Aging (IDA), visit <http://www.aging.iowa.gov>. To locate resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.

### Iowa Department on Aging

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